






# August 2016

## NAVAL HOSPITAL BREMERTON

### WELLNESS CENTER CLASS SCHEDULE

Mon	Tue	Wed	Thu	Fri
<b>1</b> Eat Smart, Live Strong (S4) 1-2:30 pm Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm 	<b>2</b> SHIPSHAPE 1: 9-10am Pilates (Beginner): 12-12:45pm Healthy Shopping: 1-3pm (held at Bangor Commissary)	<b>3</b> Prenatal Nutrition: 9-10am Gestational Diabetes: 10-11am Prevent T2 (Week 1) 1-2pm Heart Healthy Living: 4-6pm	<b>4</b> OB/GYN Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Basics: 4-6pm	<b>5</b> Intro to Nutrition 1-3pm Childbirth Class: 1530-1800
<b>8</b> Diabetes Updates: 12:30-2pm Eat Smart, Live Strong (S1) 1-2:30 pm Yoga 3:30-4:30 pm (room 7103) Diabetes Updates: 4:30-6pm	<b>9</b> SHIPSHAPE 2: 9-10am Pilates (Beginner): 12-12:45pm Healthy Habits: 1-3pm	<b>10</b> Gestational Diabetes: 10-11am Prevent T2 (Week 2) 1-2pm Meal Planning/Makeovers: 4-6pm	<b>11</b> OB/GYN Intake: 9-10am IBS Class: 9-11am Pilates (Intermediate): 12-12:45pm Diabetes: Healthy Eating: 1-3pm	<b>12</b> Bariatric Eating 1-3pm Childbirth Class: 1530-1800 
<b>15</b> Eat Smart, Live Strong (S2) 1-2:30 pm Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm	<b>16</b> SHIPSHAPE 3: 9-10am Pilates (Beginner): 12-12:45pm Fitness Planning: 1-3pm (held at Bremerton Gym)	<b>17</b> Gestational Diabetes: 10-11am Prevent T2 (Week 3) 1-2pm 	<b>18</b> OB/GYN Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Monitoring: 4-6pm	<b>19</b> Intro to Nutrition 9-11am Childbirth Class: 1530-1800 <div> <b>Saturday 20th:</b> Childbirth Class            9:30-3:00         </div>
<b>22</b> Eat Smart, Live Strong (S3) 1-2:30 pm Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm	<b>23</b> SHIPSHAPE 4: 9-10am Pilates (Beginner): 12-12:45pm 	<b>24</b> Gestational Diabetes: 10-11am Prevent T2 (Week 4) 1-2pm Lactation Class: 6:30-9pm	<b>25</b> OB/GYN Intake: 9-10am Pilates (Intermediate): 12-12:45pm Diabetes Meds and More: 4-6pm	<b>26</b>  <div> <b>1-5-7 21 Day Challenge</b>            Give it a try!         </div>
<b>29</b> Eat Smart, Live Strong (S4) 1-2:30 pm Yoga 3:30-4:30 pm (room 7103) Healthy Steps 4:30-5pm	<b>30</b> SHIPSHAPE 5: 9-10am Pilates (Beginner): 12-12:45pm Cancer Support: 5-6:30pm	<b>31</b> Gestational Diabetes: 10-11am Prevent T2 (Week 5) 1-2pm	<b>Preventive Health Month</b> —Flossing once a day, eating the recommended number of servings from the five food groups first before using diet supplements, and sleeping for seven or more hours each night can provide a variety of health benefits and prevent illness. Yet, according to Navy and Marine Corps Assessments, a high percentage of our troops do not meet the minimum recommendations on any of these. Try the 1-5-7 Wellness objective of the day (WOD) Challenge at <a href="http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/1-5-7-TwentyOneDayChallenge.pdf">http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/hp-toolbox/1-5-7-TwentyOneDayChallenge.pdf</a>	

For appointments, call Puget Sound Military Appointing Center at (800) 404-4506  
For information, call (360) 475-4541

Building a healthy life, one habit at a time.

Website: [www.med.navy.mil/sites/nhbrem](http://www.med.navy.mil/sites/nhbrem)



Last updated: 5/31/2016

